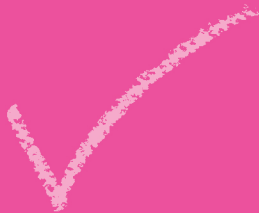


# How Much Weight Should I Gain?

**While pregnant, many women are hungry most of the time.**

But forget the old wives' tale. You are not "eating for two" adults. Your baby is small, so you only need to eat a little more than before you were pregnant. Your doctor will tell you how much weight gain is right for you.

When	Then
You gain too much weight	<ul style="list-style-type: none"><li>• It's hard to lose the weight after the baby is born</li></ul>
You don't gain enough weight	<ul style="list-style-type: none"><li>• Your baby can be be born too small or too soon</li></ul>
You gain the right amount	<ul style="list-style-type: none"><li>• Your baby grows well</li><li>• You can lose the weight after your baby is born.</li></ul>



Try to get your weight gain **just right.**

Eat **only** when you feel hungry.

Eat **healthy foods**, like the ones you get from **WIC.**

Drink **water** when you get thirsty.

Keep **active** by walking.